## Pink Cheeks Minus Pai..t Secret of Real Duchess: Simple Method at That

Most Beautiful Complexion in All England Credited to This Recipe: "Eat Only What Comes From the Garden."

By Margaerite Mooers Marshall. The Press Publishing Co. (The New York Evening World.)

o you want "a garden in your to beauty?" I asked Dr. Dinshah P face where roses and white Ghadfall, a New York physician and Vice President of the Allied Medical

Then you must eat what comes out Association of America. I took the of the garden-lettuce and spinach, question to Dr. Ghadiali because, algreen peas and carrois, strawberries though he is an American citizen, he and asparagus. In that way you will was born a Parsee in India and has be provided with a "natural vegetable spent years in the study of the thecouge," a blush that won't come off, ory and practice of vegetarianism. He the gift of the gods, a complexion was a former associate of Dr. Josiah which is pink where it ought to be Oldfield of London, whose recipe for pink and white where it ought to be remaining young on a vegetarian diet has received considerable notice in

Or so you are informed on the au. American papers "Absolutely," replied Dr. Ghadialt. "You are what you eat. If you eat coarse food, like meat, your body becomes coarse. Your skin suffers

first of all, and shows the effects most plainly "Vegetarian races and vegetarian individuals are noted for their smooth, fine skin. Even among animals the rule holds good. The cow. the horse, have thin, fine skins. Even the elephant and the rhinoceros, under the outer epidermis which is naturally tough for animals of their size, have a remarkably fine inner

akin. It is the carnivors, the tiger,

the dog, the lion, which have, by comparison with the herbivora, thick, insensitive skins. The Duchess of Portland has long

been a leader of the English Vegetarian Society, of which I am a member. But American women also are discovering the beautiful and bealthful effects of a vegetarian diet. I know many women of society here in New York who never touch meat, and their lovely complexions show the result of their abstinence."

"But how does a vegetarian diet "But how does a vegetarian diet affect the color of the skin?" I asked "In this fashion." explained Dr Ghadiali. "Flesh food contains a far larger proportion of waste products and poisons than fruits and vegetables contain. Therefore, in order to remove these toxins the blood must work hard and continuously. Therefore, there is much less of it to go into the capillaries, the fine, hair-like blood vessels which appead hair-like blood vessels which spread over the surface of the face and

which govern the color in it.
"One reason why women have bet-ter complexions than men is because, generally speaking, they cat less animal food than men do. One reawhy country people have roster

Her Grace, the Duchess of Portland. Would-be English beauties are now following her lead in adopting vegethe sweet dishes and also butter cheese, milk and cocoa. There are tarianism as a means of improving the complexion. The Duchees de- cheese, milk and cocoa. There are clares that the eating of red meat four food elements essential to life coarsens the skin. For years like .-- heat, salts, protein and albumen. coarsens the skin. For years, like Each of these can be obtained from

that arch priest of vegetarianism, the diet I have suggested.

Bernard Shaw, she "has not partakeh of a fellow creature." For years she such a diet," concluded Dr. Ghadi has lent the remutation of passassing. has kept the reputation of pessessing "And all rouge and powder is simply of the finest complexion in England, so much dirt applied to the skin-15. Her skin is very fine in texture, it is nothing more."

The New York Evening World.)

said, and of exceptionally clear color.

So a vegetarian diet will make a (This is the ninth in a series of vegetarian complexion—red as a beet articles on Polishing Your Person-"Is vegetarianism really a first aid -perhapa!

The Levening World Ouija Editor Asks

of Commerce. The Evening World

"Should a Girl Marry a Young Man

Come on, girls, send in your opin-

ions. Perhaps the young men have

views on this subject. Mall your THE OUIJA EDITOR.

The Evening World, N. Y. C.

Here are some answers to last

Gecelia Cohen, Passaic, N. J.-I

WOULD YOU KISS A GIRL WHO know. PAINTED HER LIPS?

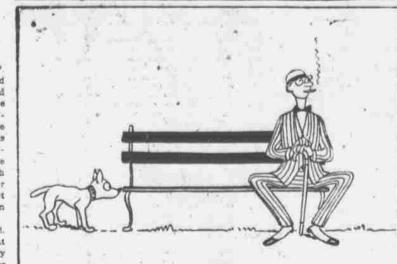
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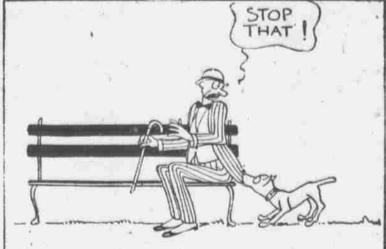
week's question:

Earning \$35 a Week?"

The Day of Rest!

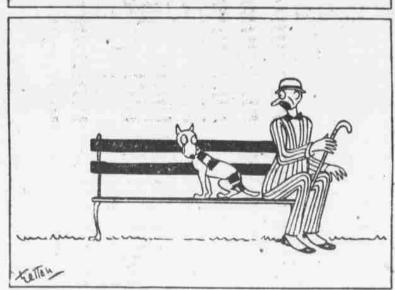
By Maurice Ketten













#### Hair That Is Tastefully Dressed Accentuates Woman's Personality

Always finish dressing the hair by placing a (real hair) hair-net over it. 66

ality by the Evening World's THE OVERALLETTE IS articles on Polishing Your Person-NOW WITH US. Hea th and Beauty Expert).

By Pauline Furlong.

California 1100, by The Press Publishing Co., (The New York Exeming World.) LARGE number of letters have

MARRY young," was the advice painted tips? I'll say I would. It some of the sickly looking, pale faced University students, by the President of the New York Chamber better, A reached me from readers, asking me to outline various kinds of hatrdressings which would be becoming to them personally, and, while many stamped envelopes were sent me for individual replies, it is not possible for me to answer each reader separately, as stated in my very first

EAR PATIENTS A man told

DEAR PATIENTS—A man told me the other day that he was well except his stemsch troubled him and I asked him what the word "stemsch" meant and he said it was something inside him.

I then asked him what the verb women who have a sufficient amount of hair to dress the street to wear her hair on the nape of her neck, and right here lies the trouble. Heavy hair must be dressed high on top of the head, or else wrapped around it.

In my opinion, the coronet coils make the most bountiful hairdressing imaginable, and, as there are so few women who have a sufficient amount of hair to dress the says and the hair on the nape of her neck, and right ha "stomach" meant and he did not of hair to dress it in this manner, we know.

Should you care to see an example learn to dress it in this fashion.

bring it around to the right side and on clear around the head. Next spread out the colls loosely and pin

Bill, Brenx Cardinals—I'd kiss her, of how thoughts are expressed in our provided she was on the outs with bodies, look up the verb "stomach." side as preferred, but if it is parted provided she was on the outs with
sarile and onions.

E. B. A. Flatbush—Women must
make the most of their charms, and
my husband. God bless him, agrees
with me. Painted lips are all right.
J. O. H.—What difference does a
lip stick make? There are thousands
of nice girls using them.

Letty, Union Hill, N. J.—I am
eighteen years old and have not yet
painted my lips, because they are
soon kiss a girl with painted lips as
long a porcupine.

Cecelia Cohen, Passaic, N. J.—I

ALFALFA SMITH.

Tou will see that the very thoughts
and actions on our part which cause
stomach.

You will see that the very thoughts
and actions on our part which cause
side, as preferred, but if it is purited
in the centre, run the part all the way
down to the neck. Then take each
side, comb it up to just hack of each
ear and the with tare. Now divide
the right lied section into two pieces.
Rough cash one slightly on under
side as preferred, but if it is purited
in the centre, run the part all the way
down to the neck. Then take each
side, comb it up to just hack of each
ear and the with tare. Now divide
the right lied section into two pieces.
Rough cash one slightly on under
side with fine end of a comb and
smooth the top with a soft brush.

It is strange how people resent being bosged or "run." They, however
patiently submit to diet and all sorts
of things being bussed by their
stomach.

Those who are "blessed" with
slomach trouble should get a large
the right lied section into two pieces.
Rough cash one slightly on under
side, as preferred, but if it is purited
in the centre, run the part all the way
down to the neck. Then take each
side, comb it up to just hack of each
ear and the with tare. Now disk each roughed
and smooth the top with a soft brush.

Brush around the lings or child's curl. Now take each roughed
and smooth trouble should get a large
the right lied section into two pieces.
Rough cash one slichity on under
side, as preferred.

How to the right with each of the right twist of each
and the with tare. Now take as the right twi

ALFALFA SMITH.

casnot understand why men prefer the painted lips to Nature's red lips.

H. C. C.—I courted a girl with painted lips and married her. For six years those lips have held my screenings of old brick pavements.

In Francis D. C.—I don't mind kissing he driven over growing cotton to collect boil weevils has been patented.

A two-wheeled machine that can be driven over growing cotton to collect boil weevils has been patented.

The painted lips to Nature's red lips.

A process has been invented in not place with small balepins.

A small place of hair may be left at the front top of the head when may be brushed back and pinned into place at nape of neck, after the hair collect boil weevils has been patented.

The painted lips to Nature's red lips.

A process has been invented in the place of hair may be left at the front top of the head when may be brushed back and pinned into place at nape of neck, after the hair collect boil weevils has been patented.





ham in a checked plaid, with a broad R. R. R.—Any man who believes the head to the neek. If desired, the head to the neek. If desired, the head to the neek. If desired, the between the brimmed hat and a parasol, ready for Jair, for the circular operator was a stroll in the sum. Note the buttons after, for the devator operator was a stroll in the sum. Note the buttons after, for the devator operator was a stroll in the sum. Note the buttons after, for the devator operator was a stroll in the sum. Note the buttons after, may be waved the fore sturing a stroll in the sum. Note the buttons after, may be waved the foresting, but, in my opinion, it is between the legs. Whenever desired can and a hussy one summer that manufacture of dyes and pigments.

### The Jarr Tamily Copyright, 1920, by The Press Publishing Co. (The New York Evening World.)

asked Mrs. Jarr, appearing before him in a gayly colored headpiece, as he was preparing to depart downtown for the toll of the day.

"Looks fine!" said Mr. Jarr, who always played safe and praised anything his wife showed him.

"What do you mean, you loafer?"

"But swe to make the iron lawed lady. "Fil call to make the iron lawed lady. "Fil call to make the iron lawed lady."

always played sale and present thing his wife showed him.

"It's one of the new little hats, snarled the iron jawed lady. "I'll call just the thing to wear in an automomile. But it following me an hour."

"Not for a minute!" retorted Mr. "Not for a minute!" retorted Mr. and soed away. The stairway

away, and she asked me to take any-thing that came for her, as there'd was near the elevator, and as it was the nobody in her flat. It wasn't easiest to go down, he went down. C. O. D.; Mrs. Kittingly has charge. "Is this the floor for ladies' hats?" C. O. D.; Mrs. Kittingly has charge accounts." And here Mrs. Jarr sighed. he "Well, you can have a hat like that. " even if you haven't an automobile or the reply

style. And if you don't like my

style. And if you don't like my laste in hats you can exchange it and get one you do like," interrupted Mr. Jarr. "And I'll get it for you this very day. What's the best store?"

Mrs. Jarr told him, and on his way down town Mr. Jarr stopped off at the store Mrs. Jarr had expressed as her choice. her choice. As he entered the place one of

the most beautiful male persons Mr. Jarr had ever encountered stood in topprent 1920, to The Press Publishing Co. his way with a smile. Mr. Jarr know it was too beautiful to own the store but correctly surmised it was con- Wormer Suffriere? nected with the establishment and would politely answer all proper questions. Mr. Jarr thereupon asked the vision which way to the ladies' hats—which was duly indicated in the most refined manner. "Going up!" cried the elevator man,

"Going up!" cried the elevator man, as Mr. Jarr was caught in a tidal wave of early shoppers and given what under other circumstances, he would have designated as "the burn's rush." And they jammed him back in the elevator and shoved and jostled him in every brutal way the feminine bargain hunter is capable of when she encounters an unprotected man in a crowded store.

"First floor!" chanted the elevator man "Children's west: Plants! Canary birds! Corsets! Lingerie!" Mr. Jarr felt himself blush, but faintly murmured "Hats!"

"Third floor!" spake the cievator man unfreeding "Curtains! Carpats! Groceries!"

"I want ladies" hats," moaned Mr.

"Shapes, fourth floor; trimmed hats, day; 12. Lye (potash),

TOW do you like my new hat?" to the rear!" replied the elevator man. think it is better to eat as little as Smith. "Every machine is Hable to asked Mrs. Jarr. appearing "Fifth floor, going up!"

asked Mrs. Jarr. appearing "Fifth floor, going up!"

Mr. Jarr emerged behind a lady possible. I cat meat occasionally become clogged with its own output

before him in a gravity col-

asked of a hurrying saleswoman. "Are you looking for shapes?" was

antly.

"I don't want one just like it, but me something on this style—" be glaring at him was the iron jawed woman!

"All right, I'll get you one on that tyle. And if you don't like it.

paused until he reached the hard ware department in the basement

# ATTDoYou

Woman Suffrage?

3. What is the chief port of Chill?

3. In what year was the World umbian Exposition held

4. In what harbor was the battle-ship Maine blown up? I What former President sent the first telegraphic cable around the

pay the French Company for the nama Canal property?
7. What guided the three Wise Men
the birthplace of Christ?

ii. How long does it take a fly egg hatch?

12. What chemical is used in our-ANSWERS TO QUESTIONS

1. Wyoming; 2. Valparaiso; 3, 1893; 4. Havana; 5. Roosevelt; 6, \$40,000,-000; 7. Star of Bethlebern; 8. Du Robin; 11, one

## Man Beats Cat for Lives: Has 14 if Reaches 100; Changes Take 7 Years

Dr. Stephen Smith, Now 97, Expects to Reach Century Mark-Tells How It Is Done.

By Fay Stevenson.

VERY ONE should live to be his century mark goal-by twenty of 100 years old. Every one of thirty years?" I asked.

out our natural birthrights.

"Horace, the Latin poet, answered:

"'Moderatus in rebus,' moderation

"This was a very wise maxim for

that period," continued Dr. Smith,

but it was only half truth. A medi-

cal scientist recently announced: 'A man is what he eats.' This answer, in my opinion, foreshadowed the

"Every one who wants to live out

dawn of scientific longevity.

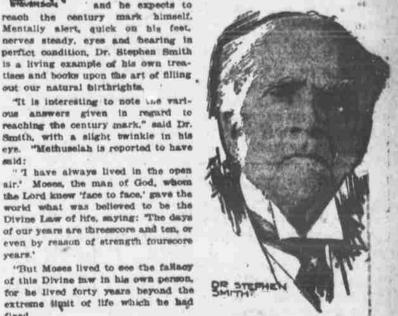
and too much of it.

"Do you smoke?"

the prompt reply.

us, at birth, was endowed "Life is good to many of to live a full cen- clared Dr. Smith, "and even when we tury. That is our disobey her rules some who have natural birthright." strong constitutions survive. Some This is what Dr. times a man does live to be ninety Stephen Smith, the or almost 100, and we hear that dean of New York he ate what he pleased, drank and surgeons, said when smoked all his life. I asked him to tell matter of constitution. But of course me the secret, or it is far wiser to remember 'A man rather science, of is what he cats,' longevity. Dr. "However, just as a cat

Smith is ninety- fives, it seems as if a man has fourteen s'even years old changes to live. For instance: Die



vested of all technicalities, leng life is secured by a process of stant renewal of every organ and tissue of the body, so that within a given period, say seven years, the popular idea, the entire human bodytirely new material supplied. the 100 years of normal life the vidual will have been renewed his full one hundred years must con- teen times, allowing seven years for

sider what he eats and what he "Then if a man wishen to build up All the fresh air treatments, physical culture exercises and out- a run-down constitution and dieteland door games in the world cannot pro- lives a strictly healthful life he may long man's life to any great age if do much toward building up that here he persists in cating the wrong food seven year system?" I asked.

ple have grown strong during the latter part of their life," said Dr. St or so building up his whole

"In all the world there are to be found only three classes of real foods; viz. edible vegetables of all sorts, the "Frequently you hear of a person the milk of animals and the yolks of and living to a good, ripe age. "Besides considering one's food, and living so that the body may "Personally, I do not believe in a be renewed in a healthy way during

steady meat diet," replied Dr. Smith. those seven-year changes, it is also that it gives them energy, but I from being clogged," concluded De. but I prefer chicken or fish to lamb so that its operations become faults or even entirely obstructed. Prudent mechanics preserve the utmost clean-"I neither smoke nor drink," was liness of their machines by constant removal of all waste and refuse mat-"But supposing a man is not willing ter. Health and longevity depend

to make the sacrifice in eating, would upon the man who runs his own marather eat what he'd rather, drink, chine. Whether we have health and smoke, and enjoy life in his own way; long life is a question which each one must be expect to cut down his life- must determine for himself."



8. Who wrote "Peter Russian"?
9. Who made the first claim to the discovery of the North Pole?
10. What bird is known for his red reast?

11. What bird is known for his red reast?



At your druggist and all do-

JULIUS PAULY, Inc. 740 BROADWAY, N. Y.